



ASMB CBN[®] C.A.R.E.



Issue 4, 2015

- IMPORTANT DATES -

- Nov 2, 2015-
Online Registration Opens for February CBN Exam
- Nov 2 through 7, 2015-
Obesity Week in Los Angeles
- Dec 13, 2015-
Early Registration Deadline for February CBN Exam
- Jan 14, 2016-
Regular Registration Deadline for February CBN Exam
- Jan 23 through Feb 27, 2016 -
CBN February Exam Window
- Mar 19, 2016 -
Certified Nurses Day

Letter from the CBN Chair

I welcome you to our Obesity Week 2015 Newsletter. This issue includes a compelling call for action with regard to thiamine deficiency, a story of 19 nurses preparing for the CBN examination, another Dr. Pories cartoon, a look into the Examination Preparation Subcommittee, and an interesting article review – “The Couples Experience After Bariatric Surgery”. Additionally, the CBN will be embarking on a “cut score” setting for the 2016 examination at Obesity Week, a review of our Practice Analysis (the CBN job description) with recruitment of a task force, and Item Writer recruitment. Details of these projects are included in the In the Works section. I would like to thank those who volunteered to participate in the “cut score” process.



We have been working very closely with our new certification consultant, Applied Measurement Professionals, Inc. (AMP), visited their facility in Kansas City and most recently constructed the 2016 examination with their guidance. All is going extremely well with this new partnership.

If you are coming to OW, please stop by the CBN Lounge at OW to have any questions that you might have answered, connect a name with a face or just to chat. We will have a number of CBN coffee mugs that will be raffled as door prizes. If you are not able to attend please send an email by November 3rd with you name and address to CBN@asmbs.org. You must be a CBN to enter.

Thank you for supporting the CBN Certification. If you have any questions or comments or thoughts to help the CBN improve and grow, please email me at CBN@asmbs.org.

A Day In the Life of 19 Nurses Preparing For the CBN Examination

Sharp Memorial Hospital is located in San Diego, California and is an accredited Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) center. The nurses at Sharp believe achieving certification as a Certified Bariatric Nurse (CBN) is a prestigious credential and validates their expertise and specialized knowledge in caring for bariatric surgery patients. As of June 2015 there are 18 CBNs at Sharp Memorial Hospital with additional nurses scheduled for the exam.

The RN commitment to achieving CBN status started in 2012. Nurses attended the ASMB CBN review course and studied the materials in group sessions. They reviewed journal articles and educational materials that focused on the domains and knowledge statements identified in the exam content outline. Annual hospital conferences focused on caring for patients affected by obesity broadened their knowledge as well.

The first CBNs who passed the exam proved to be a major inspiration to their peers. These CBNs mentored other nurses by sharing their expertise, resources and educational opportunities. Existing CBNs also have been crucial in identifying barriers which were preventing interested RNs in taking the exam. The upfront payment for exam registration proved to be a hurdle, as was lack of reimbursement of registration fees if they did not pass the exam.

The hospital offers an annual celebration for RNs who achieve certification in their specialty which includes nurses who achieve CBN certification. Lead RN, Janice Leicester, also received the hospital “Nursing Excellence Award” for her encouragement of direct care RNs to become CBN certified. In 2015, the leadership team offered two additional incentives for nurses to take the exam; arranging for hospital payment of the registration fees with the exam service company and waiving reimbursement obligations for nurses who did not pass the exam.

Achieving CBN certification at Sharp Memorial Hospital has created a special bond between the nurses and has provided validation of their bariatric nursing knowledge. Most importantly, patients feel very confident in having so many nursing experts providing patient care for them.

- Cheryl Holsworth, RN, BSN, MSA, CBN

In The Works

Ever wonder how the actual CBN examination that you took came to be? Or why certain topics are on the exam? Or maybe you have been inspired to become involved in the process and contribute your expertise? The good news is that there are many opportunities to participate in this process, and nurses with bariatric experience and expertise are needed at every step. Here are a few of the upcoming activities that you may want to participate in.

The “Cut Score” meeting is being held in conjunction with Obesity Week. Participants for this activity will review the current examination and participate in a statistical process to determine a valid score on the individual examination. Representatives were selected to match our candidate pool, which is a requirement for accreditation of the CBN examination.

This fall we will begin a review of our current Practice Analysis. CBN nurse participants will be recruited to participate in this survey, which determines the content outline of the examination. You may also receive a survey from this group, and we urge you to respond to questions about your bariatric practice. After that, a new group of Item Writers will be selected. These individuals will be trained in item writing, and then assigned to write questions (items) for the examination. The items are then reviewed, revised and classified for the updated test blueprint, and pretested before they become “live” items on a future exam.

Other committee activities include several of our subcommittees who have openings, including Recertification, Accreditation, and Policy and Procedure. Most committee and project group work is conducted via phone calls, online web meetings, email, and occasional face-to-face meetings for some groups.

How can you become involved? If you are attending Obesity Week, stop by our CBN table and leave your name and contact information. We will have CBN Participation Forms that you can either fill out or take with you and send in later. You can contact us via email at cbn@asmbs.org, and express your interests as well.



“My daddy is a doctor and he treats diabetes.”

“My mommy is a surgeon and she cures it.”

Behind the Scenes on a CBN Committee—Exam Preparation

The Exam Preparation Subcommittee was developed to assist candidates in preparing to take the CBN exam. The subcommittee members consist of myself, Barbara Lawrence, RN, MEd, CBN and Christine Bauer, MSN, RN, CBN. The tasks of the subcommittee include creating and maintaining a CBN Review Course, creating an online review course, developing a study guide for the exam, as well as other tools that could aid candidates in studying.

The members of the Exam Preparation Subcommittee do not have access to any of the test questions as this would be a conflict of interest. Subcommittee members prepare study materials and courses based on the domains and task statement listed for the exam in the CBN Handbook and the insight and experience of nurses who have taken the examination and the review course for the last 8 years. The subcommittee meets in person at the annual ASMBS Obesity Week meeting and has conference calls to discuss updating study aides, developing new ones and picking speakers for the courses that are given.

A survey is sent to all participants who attend the CBN review course. The subcommittee members review the survey results and revise the course accordingly. Due to participant feedback, the CBN Review Course has been expanded and additional 4 hours and topics including pharmacology and psychological aspects of bariatric care have been added.

Bobbie Lou Price, MSN, RN, CBN

The “In the Know” section of this newsletter is geared to keep you informed of the latest best practice articles, updates in clinical guidelines, and notable research publications as they relate to the care of the bariatric patient.

Bariatric nursing is specialized due to the unique care that is required when caring for weight loss surgery patients. Bariatric patients have symptomatic presentations that can appear minor but have lasting, possibly life ending, complications. A thiamine (thiamine)/Vitamin B1 deficiency (sometimes referred to as Beriberi), is one of these complications that can be misdiagnosed and have severe consequences, if not treated correctly and promptly.

Humans depend on diet for their thiamine needs. Very little thiamine is stored in the body and depletion can occur within 14 days (1). Early symptoms of deficiency are often nonspecific and vague. Thiamine deficiency can manifest as Wernicke’s Korsakoff (WK) syndrome, which is also known as Wernicke’s encephalopathy (2). This metabolic complication presents typically with symptoms such as confusion, ophthalmoplegia, nystagmus, and ataxia. High-output cardiac failure should also prompt investigation of thiamine deficiency as a cause. The same applies to neuropathic symptoms, particularly in the distal extremities (3).

Some ways in which a thiamine deficiency may present are:

- Neurologic symptoms: poor memory, irritability, sleep disturbance, Wernicke encephalopathy, Korsakoff syndrome (4), muscle cramps, decreased vibratory position sensation, absent knee and ankle jerk, muscle atrophy, foot drop (late stage)
- Cardiovascular symptoms: tachycardia, chest pain, wide pulse pressure, heart failure (orthopnea with or without edema, warm skin due to vasodilation), hypertension, shock
- Gastroenterologic symptoms: anorexia, abdominal discomfort, constipation, dysphagia

Most bariatric patients have little to no symptoms of a thiamine deficiency initially. Over time thiamine deficiency symptoms can present much like other complications. Consider the patient history of nausea, vomiting, type of surgery and diet. Pay attention to the details and use your critical thinking that is specific to the bariatric patient. As CBN’s we do such a great job of taking care of the non-complicated bariatric patient, but we need to also be mindful of vitamin deficiencies in bariatric patients as ‘red flags’. Remember to keep this at the forefront when caring for the bariatric patient and speak up when a diagnosis is still pending. This has the potential to change a patient’s outcome.

-Trudy Ivins, RN, CBN

1. Ziporin, ZZ, Nunes, WT, Powell, RC, Waring, PP, and Sauberilch, HE. Thiamine requirement in the adult human as measured by uri-nary excretion of thiamine metabolites. *J Nutr.* 1965; 85: 297–304
2. Aasheim ET. Wernicke encephalopathy after bariatric surgery. A systematic review. *Ann Surg.* 2005;248(5):714–720.
3. Lopes Chaves LC, Faintuch J, Kahwage S, de Assis Alencar F. A cluster of polyneuropathy and Wernicke-Korsakoff syndrome in a bariatric unit. *Obes Surg.* 2002;12:328–334.
4. Zuccoli G, Gallucci M, Capellades J, et al. Wernicke encephalopathy: MR findings at clinical presentation in twenty-six alcoholic and nonalcoholic patients. *AJNR Am J Neuroradiol.* 2007 Aug. 28(7):1328-31.
5. Stroh C, Meyer F, Manger T. Beriberi, a severe complication after metabolic surgery - review of the literature. *Obes Facts.* 2014;7(4):246-52. doi: 10.1159/000366012. Epub 2014 Jul 30. Review. PMID: 25095897

The Couple’s Experience After Bariatric Surgery—Mary Lisa Pories

Mary Lisa Pories writes about her research on the lived experience of couples after bariatric surgery:

While bariatric surgery is the most effective intervention for morbid obesity, resulting in substantial weight loss and the resolution of co-morbid conditions, the impact on patients’ couple relationships is not clear. Ten couples were interviewed following weight loss surgery of one of the members. When asked to discuss the effect of the surgery on their relationship, participants identified several themes. They involved adjusting to significant weight loss and its attendant increase in energy and changes in eating habits. They reported mood changes which were generally positive, greater intimacy and a strong perception of being “in it together”. Patients and significant others viewed the surgery and subsequent adjustments as a “team” and accepted the undertaking as one of the couple rather than simply the patient. This raises questions about how patients who do not have active support systems in place manage post-operatively, how long this very active support is carried out in the couple, etc. Further study is indicated.

Pories, M.L., Hodgson, J., Rose, M.A., Pender, J., Sira, N., & Swanson, M. (2015). “Following bariatric surgery: an exploration of the couples’ experience”. *Obesity Surgery*. DOI 10.1007/s11695-015-1720-9.

What's coming next...

This year during Obesity Week 2015, the Certified Bariatric Nurse (CBN) Committee will award the first ever "Distinguished CBN:" award. The award was developed to help recognize the contribution that CBN's make in the care of patients, families, communities and the profession of bariatric nursing.

Each year, a CBN who has made an extraordinary effort to promote the values of compassion, advocacy, research and education will be recognized with the award. Any bariatric professional can nominate a CBN who shows excellence in one or more of the following areas:

Leadership in providing competent and compassionate care to the bariatric surgery and severely obese population.

Participation in local, regional, state or national advocacy with regard to bariatric care efforts, or access to care.

Providing leadership in the field of research related to bariatric care or quality improvement.

Displaying commitment to education for bariatric professionals, especially nurses,

For more detailed information on nomination criteria, visit the CBN section of the ASMBS website, and watch for more news in future newsletters about the recipients of this year's award.

Welcome Class of July 2015

Our Newest Certified Bariatric Nurses!

Y. Acebedo	M. Goetz	S. McIntyre	F. Russell
V. Andreasik	F. Harris	C. Melby	R. Saizan
J. Barnicle	R. Hill-Husosky	N. Miller	K. Sarnosky
V. Blackard	T. Hoogstra	B. Naismith	R. Schmitz
D. Bruchak	N. Horvath	M. Nelson	R. Shannon
A. Coates	T. Howard	C. Niehoff	J. Sharp
L. Daniel	S. Kennedy	B. O'Connor	A. Simmons
L. De Andrade	K. Killian	M. Ottaviano	Y. Simmons
G. Dermigny	E. Lee	M. Otterman	D. Sisco-
J. Deshong	S. Lee	M. Pearce	Bridges
F. Feriola	J. Ludington	J. Phillips	C. Stetz
S. Ferrell	L. Lynch	T. Pohlman	V. Stewart
S. Forcade	V. Maleombho	K. Polania	M. Sullivan
N. Forryan	L. Martin	P. Purcell	T. Vanatta
K. Fowler	M. Martin	P. Ratliff	D. Walker
L. Frater	Z. Mayorga	L. Rodriguez	J. Webster
Y. Gallegos	M. McBrayer	K. Rosengrant	E. Williams
S. Giambra	S. McDade	M. Rowell	W. Williams



Address

100 SW 75th St
Suite 201
Gainesville, FL 32607

Phone/Fax/E-Mail

Phone: 352-331-4900 Fax:
352-339-4975
Email: CBN@asmbs.org

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This Newsletter is produced by the CBN Marketing Subcommittee & ASMBS Staff